



Make-A-Wish<sup>®</sup>  
MICHIGAN

# WAM 300 PARTICIPANT PACKET

JULY 28-31, 2022





# WELCOME!

## WELCOME & CONGRATULATIONS ON YOUR DECISION TO JOIN THE WAM TEAM!

The Wish-A-Mile® Bicycle Tour, or WAM as it is affectionately known by riders, is a premier, statewide cycling event benefiting Make-A-Wish® Michigan.

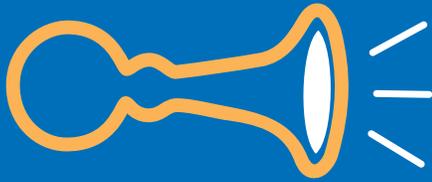
You are officially signed up for the ride of a lifetime with the most incredible team of cyclists and guaranteed to have a life-altering experience from the moment you arrive to when you cross the finish line at Heroes Hurrah.

As we embark on this amazing journey together, we present you with the official WAM Handbook

to help you train, fundraise and prepare yourself for the tour. We encourage you to review this packet to help you better understand what to expect prior to the event and once you arrive to check in.

For more detailed information on the event, training and fundraising, visit [www.wishamile.org](http://www.wishamile.org) and log into your fundraising page.

Your fundraising experience can be fun with some of our tried and true techniques provided by our top fundraisers. You can jump start your fundraising efforts with a self-donation (if you haven't already) and, of course, we are just a phone call or email away if you have any questions or concerns.



# ABOUT WAM

## WHAT WAM PROVIDES

WAM riders who have reached the fundraising minimum receive:

- WAM 300 cycling jersey
- Event t-shirt
- Daily meals

Fully supported ride with break stops every 10 to 15 miles  
SAG (support and guidance) vehicles

- Medical support
- Safety support
- Bike mechanics
- Massage therapists
- And much more!

WAM, the single-largest fundraising event for the Michigan chapter, started in 1987 with four friends who challenged each other to ride 300 miles from Canton to Mackinac. WAM has continued to grow from these humble beginnings into an amazing, heartwarming journey including more than 1,200 dedicated cyclists and volunteers.

The ride concludes with the Heroes Hurrah finish-line celebration! Riders, wish children, families, volunteers and supporters come together to celebrate accomplishments and honor our wish families. When the riders cross the finish line - cheers erupt! It is a true festive atmosphere, complete with lunch, kids' activities and a medal ceremony.



# OVERNIGHT ACCOMMODATIONS

Riders have three options during the tour for overnight accommodations. We have an approved hotel list for each night listed on our website ([www.wishamile.org](http://www.wishamile.org)) that each rider is financially responsible for or you can stay at our overnight locations each night (which is provided in your registration) or camp on-site.

- » **On-site camping.** Bring your own gear and camp outside the overnight school location.
- » **On-site in school gyms.** Bring your own gear and stay inside the overnight school location.
- » **Hotels.** Specific hotels are available at your own expense. Please visit our website for a list of hotels on the shuttle route. [www.wishamile.org](http://www.wishamile.org)

## OVERNIGHT LOCATIONS/ CHECK-IN INFORMATION

- Thursday, July 28** Travel Day: EATON Proving Grounds (Marshall) to Traverse City East Middle School (Traverse City)
- Friday, July 29** Ride Day 1: Traverse City East Middle School to Ferris State University (Big Rapids)
- Saturday, July 30** Ride Day 2: Ferris State University (Big Rapids) to Beagle Middle School (Grand Ledge)
- Sunday, July 31** Ride Day 3: Beagle Middle School (Grand Ledge) to EATON Proving Grounds (Marshall), Finish Line & Heroes Hurrah Celebration

The tour starts with a travel day on Thursday, July 28. Riders can check in at EATON Proving Grounds (Marshall) from 10:00 a.m. until 11:30 a.m. or at Traverse City East Middle School on Thursday, July 28 from 5:30 p.m. to 7:30 p.m. and Friday, July 29 from 5:00 a.m. to 7:00 a.m.



# CHECK-IN INFO CONTINUED

## EATON Proving Grounds Rider Check-In:

Address: 19218 B – Drive S Marshall, MI 49068

Riders can leave their cars at the EATON Proving Grounds. There will be signage to direct you to the appropriate area. If checking in at EATON, riders must check in from 10:00 a.m. to 11:30 a.m. Bikes are loaded on semi-trucks and transported to Traverse City. Luggage will be loaded on the charter buses. Riders will board charter buses for transportation to Traverse City. There will be a brief stop where a light lunch will be provided.

## Traverse City East Middle School Rider Check-In

Address: 1776 3 Mile Road, Traverse City, MI 49696

Riders also have the option of arranging their own transportation and meeting in Traverse City at Traverse City East Middle School. Rider check-in is open from 5:30 p.m. to 7:30 p.m. on Thursday, July 28 and from 5:00 a.m. to 7:00 a.m. on Friday, July 29.

## ROUTES

A turn by turn route\* will be posted on the WAM website ([wishamile.org](http://wishamile.org)) in Spring 2022. \*The posted route is subject to change.





# FUNDRAISING MINIMUM

Every rider is required to raise a minimum of **\$1,200** in order to participate. WAM is a fundraising event for Make-A-Wish Michigan. Its sole purpose is to raise funds to grant wishes to medically eligible children in Michigan while having an incredible tour experience.

If you arrive to rider check-in without this minimum amount, you will be asked to make a donation for the remaining balance in order to ride. If you are not able to provide this and have raised a minimum of \$500 you may participate in our one day, WAM 50 mile ride. If your donations total under \$500, you will not be able to participate.

WAM is a truly an adventure not to be missed. Due to event costs and to insure fairness and consistency to all participants, we thank you for your compliance.

## FUNDRAISING TIPS

Here are some easy ways to exceed your fundraising goals:

- » Start early! The earlier you start the more successful you'll be
- » Identify and target your audience
- » Don't be shy – think big!
- » Personalize your fundraising page, share a photo and story of why you are riding in WAM and share your link on social media, in letters, email signatures, business cards, etc.
- » Constantly communicate with your donors and potential donors
- » Host an event such as a bowling night, silent auction or garage sale
- » Leverage social media and share why you are riding
- » Check with your employer to see if they offer matching gift programs
- » More ideas and resources at [www.wishamile.org](http://www.wishamile.org) when you log into your fundraising page





## AGE REQUIREMENT

Participants **must** be 13 years or older to participate and must meet the following requirements:

- » All riders must be able to ride independently for long distances.
- » All riders are required to raise the minimum fundraising goal.
- » All Participants between the ages of 13 and 18 are required to be accompanied by a parent or legal guardian at all times on the tour (i.e. if the minor needs to leave the route, the adult must leave with them and vice versa) and stay within 100 yards of them when on the route.
- » All participants between the ages of 13 and 18 need a parent or legal guardian to sign the liability waiver at participant check-in.
- » All minor participants are required to read and follow information in the What Every Michigan Bicyclist Must Know publication. This booklet is brought to you by the League of Michigan Bicyclists, which has been promoting bicycling and the safety of bicyclists on the roadways in Michigan since 1981. This booklet is available through their website and is also posted on the WAM website.
- » We highly suggest that accompanying adults are not responsible for more than one minor child participant on the Tour.
- » No trailers, child carriers, tag-alongs, or any equipment and accessories attached to a bicycle for transporting children or pets are allowed on the route at any time.

**The safety of all riders is our top priority.** We reserve the right to reject future applications or remove riders from the Tour who are in violation of these rules.



# WISH HEROES

All participants will be assigned a wish child who has experienced their wish come true. These wish heroes serve as inspiration to riders and volunteers while on their WAM journey. You will receive an email indicating who your Wish Hero is as soon as they are all assigned. All wish heroes are invited to attend the Heroes Hurrah finish line celebration to greet you and award you with a completion medallion.

## HEROES HURRAH

Heroes Hurrah is the finish-line celebration for WAM. It takes place Sunday, **July 31 from 11:30 a.m. to 5:00 p.m. at the EATON Proving Grounds.** The crowning jewel of Heroes Hurrah is the touching moment when you meet your wish hero (the wish kid you are riding in honor of) and are awarded a medal for your WAM accomplishment.

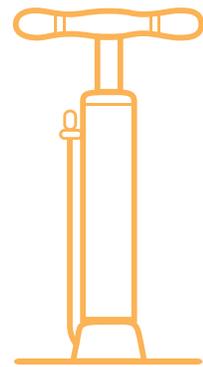


# SAFETY REQUIREMENTS

It is important to keep WAM a safe and enjoyable ride. These safety rules are expected to be followed by all participants. Adhering to these safety rules will allow us to continue riding to support our mission of granting wishes, ensuring the longevity of WAM and the enjoyment of everyone involved. The safety rules will be strictly enforced. Anyone violating the safety rules may be immediately removed from this year's WAM tour and ineligible to participate in future WAM tours.

Bicyclists have all the same rights and responsibilities as the driver of a vehicle and may be ticketed for violating Michigan traffic laws. Each rider of the WAM tour is expected to know the rules of the road. Each rider is strongly encouraged to read: What Every Michigan Bicyclist Must Know (included in this packet). The booklet is also available online at the League of Michigan Bicyclists website, [www.lmb.org](http://www.lmb.org). All WAM participants are required to follow the rules listed with full compliance, including these safety rules. Here are some of the highlights:

- » ALWAYS wear an approved helmet and use safety gear
- » Stay alert, pay attention to road markings and traffic patterns
- » Follow road signs like you are driving
- » Make sure to use proper hand signals to warn other riders and cars
- » Never use a cell phone when riding
- » Always call out "on your left" before passing and only pass on the left
- » You may never ride more than two abreast
- » Ride to the right and NEVER against traffic
- » Obey all stop signs and signals



## CYCLING TIPS

Make sure you are fitted properly to your bike. If you are unsure or uncomfortable visit your local bike shop for an experienced opinion

Know your gears and how they work

Make sure you are carrying the proper tools to change a flat

# TRAINING & NUTRITION

- » Training hours and being active should be included in your weekly planning so it become part of your schedule
- » It's important to practice fueling during your training so that on event day you know how to fuel your ride
- » Always stay hydrated
- » For Training and Nutrition tips please visit [www.wishamile.org](http://www.wishamile.org)

# VEHICLES ON THE WAM ROUTE

Personal support vehicles are prohibited on the tour. WAM is a fully supported tour, which includes having SAG (support and guide) vehicles to assist as needed. If you have friends or family who want to see you along the WAM 300 tour, we ask that they follow the off-route directions we have provided on our website (these will be posted in June). Please note, off-route directions are not available for the WAM 50. However, all safety items listed here are applicable for those participants.

The off-route directions for the WAM 300 are from the Start to the Lunch Stop to the Finish each day. This will help keep the roads clear for the riders, volunteers, SAG, police and medic vehicles. Make-A-Wish Michigan has liability insurance for the tour that covers Foundation authorized vehicles only (WAM SAG vehicles.) In an effort to provide for the safety of the riders and for the protection of the Foundation, adherence to this rule is top priority and we greatly appreciate your

support. As an added benefit, the less traffic on the roads helps ensure additional rider safety. These off-route directions will be posted on the WAM website in June.

These safety rules will be enforced on tour by our safety ambassadors, consisting of staff, riders, police and volunteers all working together to ensure safety. If a personal support vehicle is identified on the tour, we will:

- » First offense: Instruct the vehicle driver to follow the off-route directions found on our website and immediately move ahead to the lunch or overnight stop. We will document the make/model and license plate of the vehicle as well as the driver's name and team name and/or rider's name that they are assisting.
- » Second offense: The team and/or rider who is receiving support from the personal SAG will be contacted on tour and will need to connect with their personal SAG to ensure they adhere to the rules. If this does not happen, the team and/or riders may not be eligible to ride in the WAM tour next year.

# INCLEMENT WEATHER

Staff will be monitoring the weather throughout the tour. If there is lightning on the tour, every participant will be required to leave the route and seek shelter. The SAG vans will assist with providing rides to the nearest shelter. If there is lightning during the overnight hours, riders camping outside will be instructed to move inside.





# NOT ALLOWED ON TOUR

- » No alcoholic beverages or illegal drugs of any kind are permitted on the route or any tour premises
- » No pets are allowed.
- » No trailers, child carrier/seats, tag-alongs, or any equipment/accessories attached to a bicycle for transporting children or pets are allowed.
- » No headphones are allowed.

This list is not all inclusive. Other item(s) that might pose a safety concern will not be permitted and will be addressed accordingly. We strive to make the tour a safe and fun experience for everyone involved.

## RULE ENFORCEMENT

There will be safety ambassadors on the tour enforcing these rules. These ambassadors consist of staff, riders and volunteers all working together to ensure your safety. All WAM participants are required to fully comply with these Safety Rules and all applicable laws.

This information is provided to help keep the event safe for everyone involved and is not inclusive of all safety items and is not to be considered the only rules and requirements necessary for a safe tour. Please keep in mind that children will be present on the tour and all participants at any Make-A-Wish event should conduct themselves appropriately.



## LUGGAGE REQUIREMENTS

Please respect our hard working WAM volunteers and appreciate their support in handling the hundreds of pieces of luggage on the WAM tour. **YOU MUST BE ABLE TO LIFT YOUR LUGGAGE ONTO THE SEMI-TRUCKS!**

**No hockey/baseball equipment bags**  
**No garbage bags**  
**25 pound bag limit**  
**Do not tie bags together**

- » The luggage that you bring should be waterproof and made of sturdy material to withstand the trip. (No duct-taped bags, safety-pinned bags, broken zippers)
- » You will be provided two luggage tags with your name on them at rider check-in. **Please be sure to remove any previous WAM luggage tags.** The luggage will be sorted according to your supplied tag color.

# WHAT TO PACK

Make-A-Wish Michigan and the WAM volunteers are providing nearly everything you need, so PLEASE PACK LIGHTLY. We ask that you respect our WAM volunteers (and their backs) and pack only what is absolutely necessary.

### Here is what we suggest you bring:

- » Bicycle (Required). It is recommended that you have your bicycle checked over prior to the tour.
- » Helmet (Required)
- » Front headlight and rear reflector (Required)
- » Water bottles
- » Bicycle lock
- » Bicycle mirror (Required)
- » Simple tools (tubes, patch kit)
- » Bike clothes and shoes
- » Bike gloves
- » Arm warmers
- » Light jacket or sweat shirt
- » Rain gear
- » Comfortable shoes and clothes for post ride - bike shoes are NOT allowed inside the schools.
- » Shower towels (if staying onsite)
- » Toiletries
- » Chapstick
- » Sleeping bag and air mattress (if staying on site) - No portable beds or cots
- » Tent (if staying onsite outdoors)
- » Personal identification MUST be carried with you at all times - it is a good idea to bring extra copies
- » Additional energy/protein or carbohydrate options - limited amounts provided. WAM receives sample quantities and flavors of donated items from product sponsors such as Clif Bar, Gu and Butt Butt'r. Please bring any additional energy/protein products that you prefer for your own personal use while on tour.
- » Cash payment for bicycle repairs
- » Cash for additional food or beverage if you need something outside of the posted meal times.

## BIKE TRANSPORTATION

- » We provide semi-trucks to transport your bike from the check-in at EATON Proving Grounds to Traverse City East Middle School. The bikes are tightly packed and seldom shift during the moving process.
- » You are responsible for providing any padding or protection that you would like to use to wrap your bike when on the semi-truck. We will not have any materials available for bike wrapping on Thursday morning.
- » Please use disposable padding/wrapping materials, as we are unable to transport any of your bike padding/protective material with us on the tour.

# SUPPORT ON TOUR

**Volunteer SAG (Support and Guide) Vehicles** – These volunteers are able to assist with various needs from a ride to the next break stop to cheering you on along the way. Personal SAG vehicles are prohibited.

**Break Stops** – Break stops are located every 10 to 15 miles along the route. They are stocked with water, Gatorade and an assortment of sweet and salty snacks. Portable toilets and hand washing stations are also available at each location.

**Bike Mechanics** – There are bike mechanics available daily on the route and at each overnight location. Remember to bring cash. These mechanics do volunteer their time but payment is required for any items purchased. Payment is due at the time of purchase.

**Medical Support and Police** - We have a complete medical and safety team ready to respond to any emergency. If you have any special needs or requirements please notify tour staff.

**Massage Therapists** – Massage Therapists are available at lunch and overnight schools.

Please contact **Hannah Bentley, WAM Tour Director**, if you have any questions or concerns with any of the information provided.

**810.522.6540 | [hbentley@michigan.wish.org](mailto:hbentley@michigan.wish.org)**

